

Red Cliff Community Health Center Newsletter

AUGUST 2010

GET YOUR IMMUNIZATIONS HERE!

Immunization Clinics:

Tuesday, August 24, 10 AM - 4 PM

Tuesday, September 14, 10 AM - 4 PM



Keep your children healthy. Not only by immunizing them, but
by immunizing everyone around them.

Immunization Clinic hours extended, so school vaccines can
be given **before** school starts.

Red Cliff Health Center
88455 Pike Road
Bayfield, WI 54814

Phone: 715-779-3707
Fax: 715-779-3777
Email: dbra.nesheim@redcliff-nsn.gov

**Serving children one
family at a time.**



Honoring Our Children

August is Immunization Awareness Month (NIAM)

August is recognized as National Immunization Awareness Month (NIAM). The goal of NIAM is to increase awareness about immunizations across the life span, from infants to the elderly.

August is the perfect time to remind family, friends, co-workers, and those in the community to catch up on their vaccinations. Parents are enrolling their children in school, students are entering college, and healthcare workers are preparing for the upcoming flu season.

Why are immunizations important?

Immunization is one of the most significant public health achievements of the 20th century. Vaccines have eradicated smallpox, eliminated wild poliovirus in the United States, and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis and other diseases. But despite these efforts, people in the U.S. still die from these and other vaccine-preventable diseases.


Vaccines offer safe and effective protection from infectious diseases. By staying up-to-date on the recommended vaccines, individuals can protect themselves, their families and friends and their communities from serious, life-threatening infections.

Who should be immunized?

Getting immunized is a lifelong, life-protecting community effort regardless of age, sex, race, ethnic background or country of origin. Recommended vaccinations begin soon after birth and continue throughout life. Being aware of the vaccines that are recommended for infants, children, adolescents, adults of all ages and seniors, and making sure that we receive these immunizations, are critical to protecting ourselves and our communities from disease.

When are immunizations given?

Because children are particularly vulnerable to infection, most vaccines are given during the first five to six years of life. Other immunizations are recommended during adolescent or adult years and, for certain vaccines, booster immunization are recommended throughout life. Vaccines against certain diseases that may be encountered when traveling outside of the U.S. are recommended for travelers to specific regions of the world.





What is World Breastfeeding Week?

World Breastfeeding Week (WBW) is August 1st - 7th and celebrates the signing of the **Innocenti Declaration**, produced and adopted in 1990 by participants at the WHO/UNICEF meeting on *"Breastfeeding in the 1990s: A Global Initiative on the Protection, Promotion and Support of Breastfeeding."* The document lists the benefits of breastfeeding, plus global and governmental goals. World Breastfeeding Week is celebrated in 120 countries on various dates.

USA's 2010 World Breastfeeding Week Celebration (WBWC) theme is **Breastfeeding – The Baby Friendly Way**. This theme recognizes the importance of supporting mothers from the beginning of their breastfeeding experience so they can be successful in achieving their goal to breastfeed their babies.

What is the Red Cliff Community doing to Support Breastfeeding?

The Red Cliff Tribal Council took action in 2008 to approve a Proclamation to observe August as Breastfeeding Awareness Month. They also approved to incorporate a breastfeeding policy in the Employee Handbook which states *"An employee returning to from maternity leave will be allowed to express their breastmilk during working hours. Employees shall be required to communicate this need to their supervisor so a private sanitary place can be located. Employees will use their scheduled break for this purpose, if addition time is needed, general leave must be taken. Additional information and support can be received at the Red Cliff Health Center"*.


Through the HOC and WIC program at the Red Cliff Community Health Center there are educational materials available for pregnant and breastfeeding families which include, pamphlets, books, and videos. Our MCH Nurse also provides one on one education to families through Prenatal Care Coordination (PNCC) appointments.

The Health Center holds a Breastfeeding Support Group 2 times a month for families that are thinking about breastfeeding, are breastfeeding, and have breastfed! Mothers that are breastfeeding or that will be going back to work also have access to Medela breast pumps and other breastfeeding supplies.

There are community resources also available that provide direct services to prenatal and breastfeeding families. Here is a list of them:

- ~Nicole Boyd, WIC Breastfeeding Peer Councilor, ECC Family Services Manager,
Red Cliff Head Start 715-779-5030 ext. 253
- ~Rose Gordon, HOC Outreach, Red Cliff Community Health Center 715-779-3707 ext. 225
- ~Salena Reyes-Buffalo, CHR, WIC Coordinator, Red Cliff Community Health Center
715-779-3707 ext. 233
- ~Grace Heitsch, MD Red Cliff Community Health Center 715-779-3707 ext. 253
- ~Debra Elmore-Nesheim, RN, HOC MCH Nurse Red Cliff Community Health Center
715-779-3707 ext. 263
- ~Bami-Ondaadiziike Birth Doula Program 715-331-9337 www.goodbirth.com
- ~Breastfeeding Support Group located at the Red Cliff Community Health Center
- ~Sue Marincel, RN, Bayfield School Nurse Bayfield Public School 715-779-3201

The Red Cliff Community Health Center's WIC and HOC programs
will be sponsoring the yearly
Breastfeeding Awareness Picnic on August 9th at
the Red Cliff Buffalo Bay Campgrounds by the Buffalo Art Center
from 11am- 2pm





HONORING OUR
CHILDREN
BREASTFEEDING
AWARENESS &
SUPPORT PICNIC

Join us at the Red Cliff
campground for food, raffles,
games and good company:

Monday, August 9, 2010

11 AM—2 PM

Boozhoo, Hello, Greetings.


My name is Cory Gordon. I am your new Tribal Tobacco & Prevention Advocate. I would like to take a moment to introduce myself, and explain a little bit about this program/grant. Great Lakes Inter-Tribal Council received a \$1 Million CDC grant to prevent tobacco abuse in tribal communities. This grant is shared between 5 tribes in Wisconsin. (Red Cliff, LCO, Menominee, St. Croix, & Stockbridge-Munsee) We are called "Wisconsin tribes putting prevention to work" or WTPP.

Some of our goals include, among others; hosting educational community gatherings, development of an educational kit on traditional tobacco use for youth, developing radio public service announcements, restricting tobacco sales to minors, supporting 100% smoke-free workplaces, distributing educational posters at local stores on reservations, supporting the elimination of free tobacco product samples, hosting a youth retreat and cultural cessation camp where smokers are encouraged to quit and participants all receive instruction about the ceremonial uses of the tobacco plant, considered sacred by many tribes.

I am a long-time resident of Red Cliff, after coming on hard times in 2001 – 2002. I packed up and left Red Cliff to start a new life. I had been gone for 8 years. During that time I have done many jobs including 4.5 years as a Taxi Driver in the Duluth/Superior area. I've done everything from telemarketing to managing a division of a multi-location telemarketing company. Working for Wal-Mart to Black Bear.

Since my return to Red Cliff in October 2009, I have become a Relief Worker at the Mishomis house. Where I had been happily working and still am! I decided to tackle another addiction as a long-time smoker myself (I smoked for 7 years before I quit.) I have been smoke free since I quit cold turkey in 2002! I enjoy working with people to overcome their problems, tobacco and 2nd hand smoke are very big issues not only in our own community but worldwide. I look forward to working with you in our community!

Chi Miigwetch!!!!
Cory Gordon
Tobacco prevention advocate
Red Cliff Community Health Center
779-3707 ext 240



Little Readers



Families enrolled in **Honoring Our Children** can earn NEST points!

Fill in the date and title of each book you read to your child. Each book is worth 10 points (up to 20 points per day). Return to the HOC for your NEST points – and keep on turning those pages!

Date	Title	Date	Title



Honoring Our Children

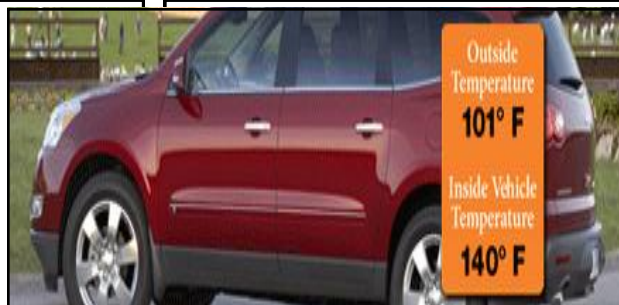
Never Leave Your Child Alone In A Car!

Over the past few months, **more than twenty children have died** while alone in a vehicle, and summer hasn't even officially begun. Did you know that a child's body heats up 3 to 5 times faster than an adult's? It only takes a few short minutes before a child can become dangerously overheated.

Every year, more than 30 children die because they are alone

in a car. In just 10 minutes a car's temperature can increase by 19 degrees – and it continues to rise.

There is no evidence that cracking the windows helps prevent the temperature in vehicle interiors from reaching dangerous levels. In fact, sunlight coming through car



windows makes the car work like an oven.

Follow these tips to help prevent child injuries.



- Dial 911 immediately if you see an unattended child in a car. EMS professionals are trained to determine if a child is in trouble.
- Never leave a child unattended in a vehicle, even with the window slightly open.
- Place a cell phone, PDA, purse, briefcase, gym bag or whatever is to be carried from the car on the floor in front of a child in a backseat. This triggers adults to see children when they open the rear door and reach for their belongings.
- Set your cell phone or Blackberry reminder to be sure you dropped your child off at day care.
- Set your computer calendar program, such as Outlook, to ask, "Did you drop off at day-care today?"
- Have a plan that if your child is late for daycare that you will be called within a few minutes. Be especially careful if you change your routine for dropping off little kids at day care.
- Teach children not to play in any vehicle.
- Lock all vehicle doors and trunk after everyone has exited the vehicle – especially at home. Keep keys out of children's reach. Cars are not playgrounds or babysitters.
- Check vehicles and trunks FIRST if a child goes missing.

Everyday STRETCHES

With all stretches: No bouncing, remember to breathe, hold each stretch for about 30-60 seconds, and stretch to a point you feel tight but not painful.

Chest Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Hold your arms out to the side parallel with the ground and the palms facing forward.
- Stretch the arms back as far as possible.
- You should feel the stretch across your chest.

Upper Back Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Interlock your fingers and push your hands as far away from your chest as possible, allowing your upper back to relax.
- You should feel the stretch between your shoulder blades.

Shoulder and Triceps Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Place both hands above your head and then slide both your hands down the middle of your spine.
- You should feel the stretch in the shoulders and the triceps.

Side Bends

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent, hands resting on the hips.
- Bend slowly to one side, come back to the vertical position and then bend to the other side.
- Do not lean forward or backwards.
- You should feel the stretch on your sides.

Hip and Thigh Stretch

- Stand tall with your feet approximately two shoulder widths apart.
- Turn the feet and face to the right.
- Bend the right leg so that the right thigh is parallel with the ground and right lower leg is vertical.
- Gradually lower the body.
- Keep your back straight and use your arms to balance.
- You should feel the stretch along the front of the left thigh and along the hamstrings of the right leg.
- Repeat by turning and facing to the left.

Biceps Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Hold your arms out to the side parallel with the ground and the palms facing forward.
- Rotate the hands so the palms face to the rear.
- Stretch the arms back as far as possible.
- You should feel the stretch across your chest and in the biceps.

Shoulder Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Place your right arm, parallel with the ground across the front of your chest.
- Bend the left arm up and use the left forearm to ease the right arm closer to your chest.
- You should feel the stretch in the shoulder
- Repeat with the other arm.

Calf Stretch

- Stand tall with one leg in front of the other, hands flat and at shoulder height against a wall.
- Ease your back leg further away from the wall, keeping it straight and press the heel firmly into the floor.
- You should feel the stretch in the calf of the rear leg.
- Repeat with the other leg.

Adductor Stretch

- Stand tall with your feet approximately two shoulder widths apart.
- Bend the right leg and lower the body.
- Keep your back straight and use arms to balance.
- You should feel the stretch in the left leg adductor.
- Repeat with left leg.

Quadriceps Stretch

- Stand tall with feet comfortably apart.
- Grab hold of a stationary object for balance with one hand.
- Use the opposite hand to grasp the leg around the ankle.
- Lift it towards your buttocks.
- Repeat with the other leg.

12 EASY WAYS to Enjoy Activity at WORK!

1. **WEAR A PEDOMETER AT WORK.** Since every step counts, wearing a pedometer is wonderful motivator to move more during your workday.
2. **WALK AROUND THE OFFICE.** There's no need to sit still while you talk on the phone or think. Pacing and fidgeting are physical activity.
3. **WALK AROUND THE BUILDING.** Sometimes a face-to-face talk is the best way to communicate (and it gets you up and moving around).
4. **WALK UP (AND DOWN) THE STAIRS.** If you have a choice, always take the stairs. If you have stairs, take as many trips up and down as possible.
5. **WALK AROUND THE BLOCK.** Got a coffee break? Got a few free minutes? Take a walk outside and get some fresh air (and extra steps).
6. **WALK AND TALK.** Need to discuss something with a co-worker? A walking meeting can be more productive and healthier too!
7. **LIFT WEIGHTS WHILE YOU TALK.** Keep a weight near the telephone; pick it up when you get a call and pump your arms while you talk.
8. **TAKE A WEIGHT BREAK.** Feeling tired and bogged down? Take five minutes to lift your hand weights and get your blood flowing.
9. **WORK YOUR ABS.** You can strengthen tummy muscles while sitting in a chair. Sit straight, tighten muscles and release. Repeat.
10. **STRETCH YOUR ARMS AND LEGS.** Stuck at your desk? Use a resistance band for a five minute stretch. Your mind and body will be more flexible.
11. **STRETCH YOUR STRESS AWAY.** Tension in your shoulders, neck and back is easy to release with standing stretches and a resistance band.
12. **CHECK YOUR PEDOMETER.** How many steps do you take during a typical workday? Any ideas for adding a few more steps here or there?



www.EatSmartMoveMoreNC.com

HEALTHY RECIPES from Mayo Clinic

Breakfast Burrito

Dietitian's tip:

By using egg substitutes instead of whole eggs and substituting vegetables for sausage and cheese, you cut out much of the fat and cholesterol in this breakfast burrito.

By Mayo Clinic staff

Serves 1

Ingredients

1/2 cup chopped tomato
2 tablespoons chopped onion



1/4 cup canned corn
1/4 cup egg substitute
1 four tortilla, 6 inches in diameter
2 tablespoons salsa

Directions

In a small skillet, add the chopped tomato, onion and corn. Cook over medium heat until the vegetables are soft and moisture is evaporated. Add the egg substitute and scramble with the vegetables until cooked through, about 3 minutes.

To serve, spread the egg mixture in the center of the tortilla and top with salsa. Fold in both sides of the tortilla up over the filling,

then roll to close. Serve immediately.

Nutritional Analysis (per serving)

Serving size: 1 burrito

Calories 231	Cholesterol 1 mg
Protein 12 g	Sodium 519 mg
Carbohydrate 34 g	Fiber 4 g
Total fat 5 g	Potassium 525 mg
Saturated fat 1 g	Calcium 91 mg
Monounsaturated fat 2 g	

Tuna Pita Pockets

Dietitian's tip:

Canned tuna is a good source of low-fat protein and provides many vitamins and minerals, including selenium, iron, magnesium, phosphorus, vitamin B-12 and niacin. Here it's served with chopped vegetables in a pita pocket for a quick lunch or light dinner.

By Mayo Clinic Staff

Serves 6

Ingredients

1 1/2 cups shredded romaine lettuce
3/4 cup diced tomatoes
1/2 cup finely chopped green bell peppers
1/2 cup shredded carrots

1/2 cup finely chopped broccoli
1/4 cup finely chopped onion
2 cans (6 ounces each) low-salt white tuna packed in water, drained
1/2 cup low-fat ranch dressing

3 whole-wheat pita pockets, cut in half

Directions

In a large bowl, add the lettuce, tomatoes, peppers, carrots, broccoli and onions. Toss to mix evenly.

In a small bowl, add the tuna and ranch



dressing. Stir to mix well. Add the tuna mixture to the lettuce mixture and stir to combine.

Scoop 3/4 cup of the tuna salad into each pita pocket half and serve immediately.

Nutritional Analysis (per serving)

Serving size: 1 pita half

Calories 199	Cholesterol 20 mg
Protein 15 g	Sodium 357 mg
Carbohydrate 23 g	Fiber 4 g
Total fat 5 g	Potassium 357 mg
Saturated fat 1 g	Calcium 33 mg
Monounsaturated fat 0.5 g	

Amblyopia (lazy eye)

Lazy eye, or amblyopia, is the loss or lack of development of central vision in one eye that is unrelated to any eye health problem and is not correctable with lenses. It can result from a failure to use both eyes together. Lazy eye is often associated with crossed-eyes or a large difference in the degree of nearsightedness or farsightedness between the two eyes. It usually develops before the age of 6, and it does not affect side vision.

Symptoms may include noticeably favoring one eye or a tendency to bump into objects on one side.



Symptoms are not always obvious.

Treatment for lazy eye may include a combination of prescription lenses, prisms, vision therapy and eye patching. Vision therapy teaches the two eyes how to work

together, which helps prevent lazy eye from reoccurring.

Early diagnosis increases the chance for a complete recovery. This is one reason why the American Optometric Association recommends that children have a comprehensive optometric examination by the age of 6 months and again at age 3. Lazy eye will not go away on its own. If not diagnosed until the pre-teen, teen or adult years, treatment takes longer and is often less effective.

SOURCE: American Optometric Association

August is Psoriasis Awareness Month

Each August, the National Psoriasis Foundation sponsors Psoriasis Awareness Month, dedicated to raising awareness, educating the public and dispelling myths about psoriasis.

Psoriasis is the most prevalent autoimmune disease in the U.S., affecting as many as 7.5 million Americans. It occurs when the im-

mune system sends out faulty signals resulting in red, scaly patches on the skin that bleed and itch.

Psoriasis is not contagious.



Psoriasis frequently occurs with a range of other health concerns including Crohn's disease, diabetes, hypertension, heart attack, depression and liver disease.

Up to 30 percent of people with psoriasis also develop psoriatic arthritis, which causes pain, swelling and stiffness around the joints. People with mild psoriasis are just as likely to develop psoriatic arthritis as those with moderate or severe forms of the disease.

Source: National Psoriasis Foundation



MAKING HEALTHY CHOICES SUPPORT GROUP

Topic: Using Aromatherapy to relieve Stress

Friday, August 27, 2010

11:00am to 12:00pm

Red Cliff Health Center Conference Room

Refreshments will be served.

For info call Janet Hillert 715-779-3707



Human Milk is Green Ecologically speaking...

It's a natural, renewable resource and is all the baby needs for the first six months of life.

It requires no resources for packaging, shipping or disposal.

No precious energy is wasted producing artificial baby milk and related products.

No land needs to be deforested for pasture or crop production.

It does not create pollution from the manufacturing of human milk substitutes, bottles, nipples and cans.

It helps space babies by suppressing fertility in the mother.



This message is brought to you by:

La Leche League International

PO Box 4079

Schaumburg, IL 60168-4079

847-519-7730

Visit our web site at www.lalecheleague.org

And www.lllusa.org



Breastmilk Makes My Tummy Yummy

*Breastmilk makes my tummy yummy
my best food comes from my mommy*



*Mommy gives me what I need
when in her loving arms I feed
When I am angry or real sad
nummies help to make me glad*

*Around the world it can't be beat
'cause mommies milk is best to eat
Nursing's what I like to do
when we have a bath for two*

*Sometimes it is fun to let
the milky make my face all wet
Two can breastfeed without fuss
there is room for both of us*

*Here is a lid that's stuck real tight
but me and mommy fit just right
After dinner it tastes the best
with dessert from mommies breast
Breastmilk makes my tummy yummy*

*Now it is night and time to rest
snuggled up in mommies breast
Mommy's talking on the phone
here's my chance, now she's alone*

~Cecilia Moen



Red Cliff Community Health Center
88455 Pike Road, Hwy 13
Bayfield, WI 54814

715-779-3707 phone
715-779-3777 fax

We're on the web
Redcliff-nsn.gov

CLINIC HOURS 715-779-3707

Monday - Friday 8:00 am to 4:30 pm

PHARMACY HOURS 715-779-3157

Monday - Friday 9:00 am to 12:00pm &
1:00 pm to 4:00 pm

OPTICAL HOURS 715-779-3707

Mondays & Wednesdays 1:00 pm to 4:00 pm

DENTAL HOURS 715-779-3707

Monday - Friday (call for an appointment)

Did you know...

- ☺ If you stub your toe, it takes only 1/50th of a second for your brain to register the pain.
- ☺ When we breathe, the air passes through our nose at about 4 miles per hour and we breathe roughly 400 gallons of air every hour. It's a good thing air is free.
- ☺ Wearing headphones for just an hour will increase the bacteria in your ear by 700 times.
- ☺ The average chocolate bar has 8 insects' legs in it.
- ☺ Celery has negative calories. It takes more calories to eat a piece of celery than the celery has in it to begin with.
- ☺ Your stomach has to produce a new layer of mucus every two weeks or it will digest itself.
- ☺ During your lifetime, you'll eat nearly 60,000 pounds of food.
- ☺ Antacids contain aluminum which blocks the system necessary to detoxify our body. The result is increased allergies and weight gain. Continual use of antacids destroy the body's ability to digest food.